

A woman and a child are smiling while floating in the ocean. They are both wearing yellow helmets and red life jackets. The child's helmet has a 'PRESELI VENTURE' sticker. The woman's life jacket has 'Easy Classic' written on it. A large, semi-transparent 'V' logo is in the background.

FAMILY ADVENTURE WEEKENDS

Duration: 2-3 days

Ages: 8 and up



An immersive, energetic and kinetic weekend in Nature's playground, the spectacular North Pembrokeshire Coast.

"We spent a wonderful watery and strangely relaxing time at Preseli Venture. All the guides were friendly, helpful and knowledgeable. For each activity, we felt safe, learned new skills and had an immense amount of fun".

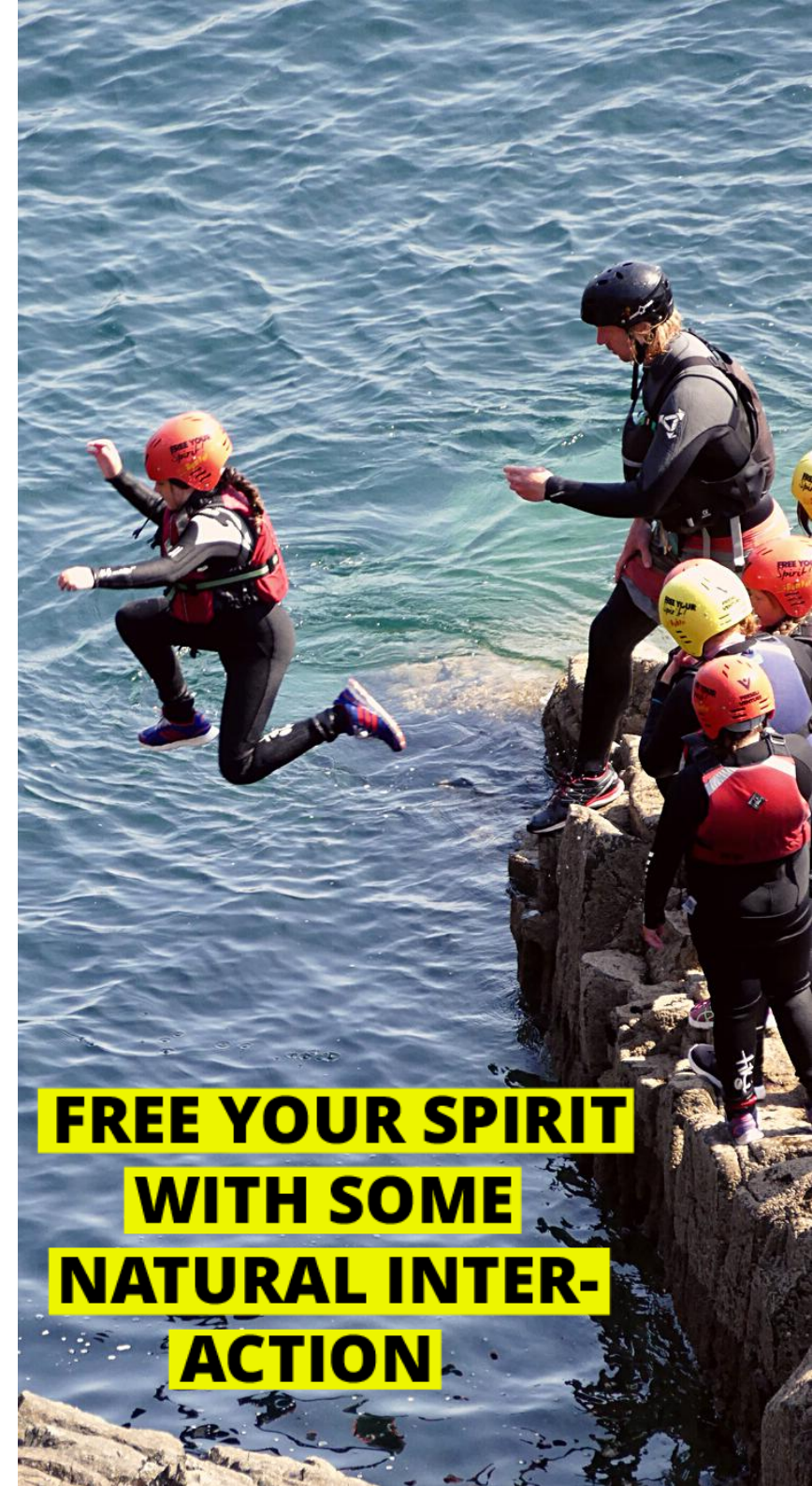
Warren Williams

Paddle, jump, surf and traverse a magical landscape, taking precious time with your family to explore, discover and reconnect.

Fresh Atlantic air and aqua-marine waters are the backdrop to your adventures. From secret smugglers coves to mystical sea caves, amongst playfully inquisitive grey seals and diving peregrines, the Pembrokeshire Coast makes memories that last.

Adventurers return to our beautiful marsh-mallow pink eco lodge, a welcoming sanctuary tucked into the folds of the Abermawr Valley, where freshly home-cooked meals await.

Gather around a bonfire under the stars or curl up in front of the flickering wood-burner; you'll have lots to talk about after a day out with Preseli Venture.



**FREE YOUR SPIRIT
WITH SOME
NATURAL INTER-
ACTION**



What can I expect on a Family Adventure Weekend?

From the moment you arrive you'll be in the safe hands of our dedicated and friendly hospitality and adventure team who have lovingly curated every element of your adventure weekend so that you can relax and spend time together as a family.

All the staff are fantastic and the leaders that take you on the activities are awesome their knowledge and professionalism is bar none. 10 out of 10.

Darren Dand, 2019

Over the weekend, expect to find yourself sea kayaking under awe-inspiring sea cliffs, through rock gardens, sea stacks, arches and majestic caves... scrambling, traversing and ledge-leaping into crystal clear plunge pools... and surfing clean, green peeling waves on blue-flag sandy beaches. With sustainability and respect for the ocean always in mind, our engaging guides are thrilled to pass on their local knowledge of flora, fauna and geology along the way.

Friday: PM

Arrive at the eco lodge from 17:00, stretch your legs with a short walk down through the woods to Abermawr, our secluded local beach, and breathe the fresh sea air. Return and settle into our cosy lodge with a welcoming evening meal at 19:30 and relax, ready for tomorrow's adventures.



Saturday : PM

Warm up back at the lodge with some cawl (a Welsh soup) and warm crusty bread before heading out to explore a stretch of coastline by sea kayak, paddling under immense sea cliffs and gazing into the aquatic world beneath you. The evening is yours to gather round a bonfire for some stargazing and toasted marshmallows.

ITINERARY

Saturday : AM

After a full Welsh breakfast, head off to a wild coasteering spot for your first adventure, traversing the intertidal zone of the rocky coastline where the land meets the sea. Swim, scramble, climb and leap, encountering rushing gullies, whirling plunge pools and spurting blow-holes!





Sunday : AM

Get ready to practice your paddle and pop on an epic surfing adventure! Frolic and play in the frothy white water or hone your technique with expert guidance. With some of the best sand-bottom beach breaks in Wales, crystal clear waters and clean summer swells, you'll be riding waves in no time.

Sunday : PM

If you're here for the 2-day weekend, we'll wave you off after a hearty lunch back at the lodge. Or if you're staying for the 3-day weekend, you'll take part in the Abermawr Challenge, an orienteering style quest through the local woodland and down to the beach, following clues, solving problems and completing tasks in Nature.



Monday : AM

For your last adventure, it's your choice - another coasteer, kayak or surf trip! Or you might like to try an activity with a local provider such as a boat trip, horse-riding, paddle-boarding or kite-land-boarding. After a hot lunch back at the lodge, we're sure you'll leave us feeling energised and inspired by your incredible experiences!



Explore Pembrokeshire off the beaten track.

Pick from one
of our
favourite
local
providers for
your Monday
AM activity

Circumnavigate RSPB Ramsey Island on an exhilarating boat trip and see seals, porpoises and a wealth of Atlantic sea birds such as gannets, choughs, razorbills, guillemots and puffins!

Enjoy a unique perspective of the aquatic world whilst stand-up-paddle-boarding from the picturesque Solva Harbour or harness the wind at the expansive Newgale Sands on your kite-land-board.

Horse riding from the Gwaun Valley through the wild and dramatic craggy grasslands of the Preseli Hills and to the beautiful Newport beach, where white sand dunes meet the opening to an estuary full of birdlife.



**We think the
Pembrokeshire
Coast is an
extraordinary place
of magic, magnetism
and wonder.**



"We had a marvellous time and I can't think of anything that I would have changed to improve on it. Preseli Venture is blessed to have a wonderful, enthusiastic and professional set of instructors who provided a positive role model for our teenage daughters through their calm professionalism, and thoughtfulness." Matt Gaunt, 2018

**But don't take
our word
for it.**



"All the instructors were just fantastic – enthusiastic, helpful, reassuring, friendly, knowledgeable. I really can't fault any of the activities. They were all fun and well-organised, and the kit was good and kept us warm and protected."

Jessica Errington,
2019

**"The whole family
had a fantastic
time."**

Rachel Hilliam, 2018



WHAT'S INCLUDED?

2 NIGHT WEEKEND Friday to Sunday

£325 per adult / £265 per child (8-16yrs)

- **2 nights accommodation with home-cooked food from Friday evening to Sunday lunch.**
- **3 half day adventures: coasteering, sea kayaking & surfing.**

3 NIGHT WEEKEND Friday to Monday

£445 per adult / £385 per child (8-16yrs)

- **3 nights accommodation with home-cooked food from Friday evening to Monday lunch.**
- **4 half day adventures: coasteering, sea kayaking, surfing, your choice + the Abermawr Challenge.**

- **Minibus transport for Preseli Venture guided adventures, plus high quality specialist equipment and fully qualified guides.**



**VISIT
WALES**
CROESO CYMRU
★ ★ ★ ★ ★



WHAT DOES FREEDOM LOOK LIKE?



Perched on the hillside of a National Trust valley, swathed in ancient woodland, and only a short walk to a secluded sandy beach, the Preseli Venture eco lodge is a low-carbon rural retreat with sustainability at the heart of its operation.

A quiet sanctuary from which to venture out and explore the wild North Pembrokeshire coast, the eco lodge offers breathtaking sea views, fresh Atlantic air, an expanse of green space, an amphitheatre of birdsong, an incredibly clear night sky and an immediate sense of peace and freedom.



The eco lodge lounge is the perfect place to return and restore in front of the wood burning stove with a local brew in hand from our well-stocked bar.

Whether you're enjoying a game of pool or a bonfire under the stars, you'll feel at home and well looked after by our dedicated and friendly hospitality team.

Full Welsh breakfasts, hearty hot lunches, and two course evening meals are prepared by our in-house chef using delicious and wholesome ingredients, locally sourced where possible. We happily cater for all special dietary requirements.

11 beautifully presented, characterful bedrooms





"Every staff member is a credit to the company, each adorably kind and amazing!"

Eric Rosenbluth, 2018

"One of the most peaceful and beautiful places I've ever been to!" Hailey McGlynn, 2017

"Great location, delicious food, beautiful accommodation and terrific hospitality. Can't recommend highly enough!"

John Smith, 2018

"Double thumbs up for the quiet and wonderful location, the perfect base; clean and tidy...Gorgeous scenery just on their doorstep. Our meals were spot on! We found Preseli Venture a very friendly and relaxing retreat."

Mary Cooper, 2018

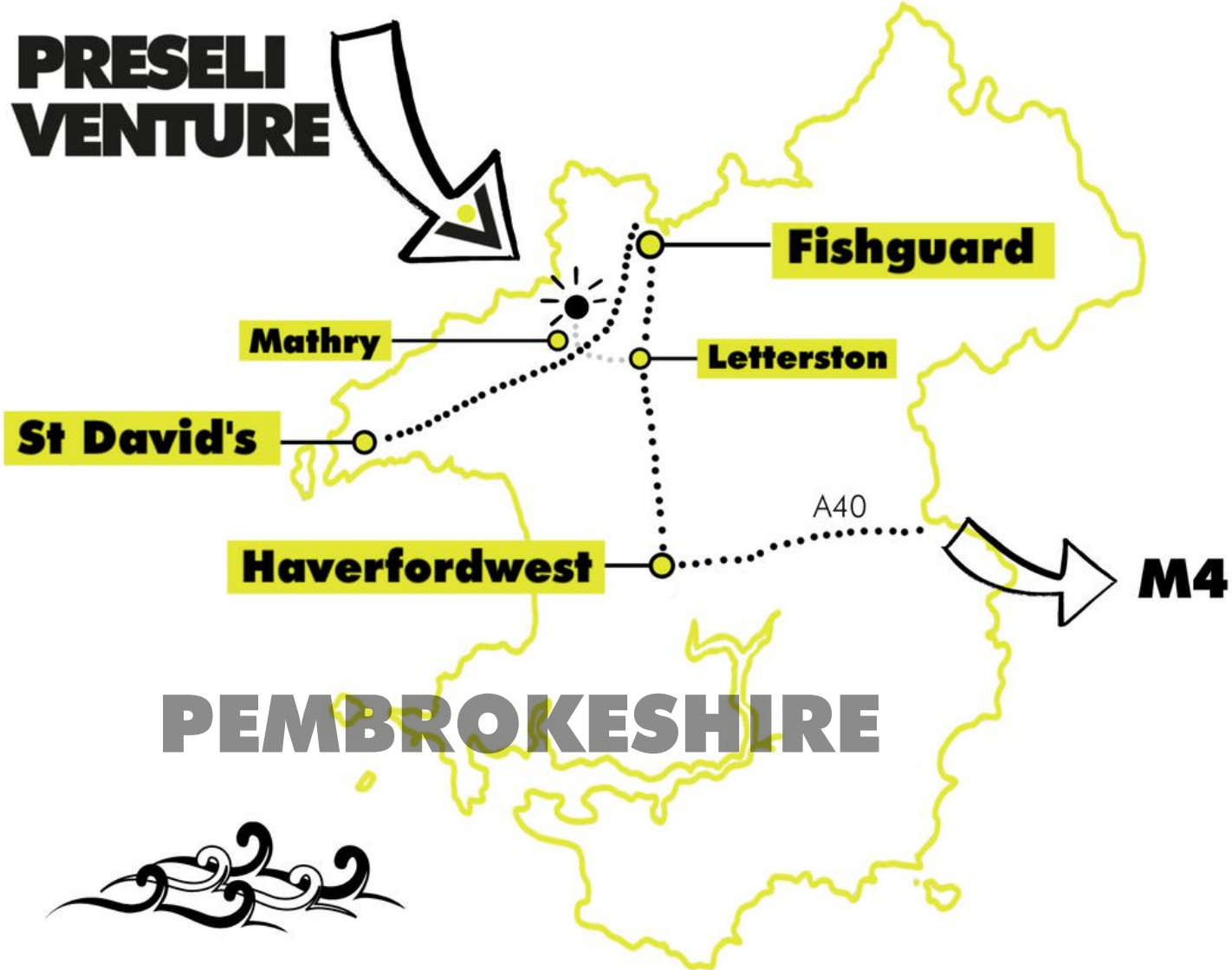
"The lodge is very comfortable, well run with welcoming friendly staff and great food. It's ideally placed to make the best use of the stunning Pembrokeshire coastline and the perfect place to relax and reflect after a great day at sea."

David Pugh, 2018



**Meet your
adventurous
edge
where
the land
meets
the sea.**

PRESELI VENTURE



At the heart of the Pembrokeshire Coast National Park, down a winding country lane, fringed with foxgloves and primroses, discover a coastal retreat well-worth the journey. We may be in a remote corner of Wales, but we're well connected. It's easy to reach us by car travelling West along the trunk road corridors M4 and A48/ A40 and just as easy for "green travellers" coming by bus or train. Our local station, Fishguard, has regular trains to and from Swansea with connections to London, the Midlands and UK-wide.



FAQs

Do you have any age restrictions?

We welcome young people of 8 years and older. The only prerequisite is that they are 114cm tall or more, and that they are happy to be in the water.

Can we come midweek instead?

Yes, of course! We welcome families during the midweek throughout the school holidays. You might like our Family Adventure Holiday if you're looking for a longer midweek break.

Can we build a bespoke package?

Sure! If you love the sound of our Family Adventure Weekends and Holidays but our packaged up breaks don't quite suit your needs, you can build something bespoke by booking accommodation and picking your own half-day adventures.

Do we need any experience?

None at all! All of our guided activities are beginner-friendly.



Will we be able to take photos?

You're welcome to bring your own waterproof camera if you have one. Our guides will also take lots of great photos which you can access on a private Facebook group after the event.

What should we bring?

- For coasteering you will need a pair of old trainers (which will get wet but not ruined).
- A swimming costume or bathers to wear underneath the wetsuit (which we provide).
- For sea kayaking, a synthetic (ideally not cotton) short/long sleeved T-shirt, or thermal top.
- A water bottle is useful - we don't sell bottled water at the lodge.
- Layers of warm clothing for when you get out of the sea.
- 2 towels – one for showering and one for water activities.
- A plastic bag to take your wet shoes home in.
- Trainers or boots to wear for the dry activities like the Abermawr challenge.
- Plenty of layers and a raincoat.



FREE YOUR
Spirit!



**PRESELI
VENTURE**

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